



CT Department of Mental Health and Addiction Services



YOUNG ADULT SERVICES

Young Adult Services

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- A. Defining the Problem
- B. What has been done to address this problem?
(here and elsewhere)
- C. How is this salient to Connecticut's needs?

A. Defining the Problem

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Epidemiology (Kessler '05)

4 Distinct Populations Entering the Adult Mental Health System:

1. 'Normal' vicissitudes of adolescence
 - Impulse control disorders
 - Can be derailing or fatal, albeit transient.
2. The disorders of early deprivation
Model: YAS
3. Emerging Serious Mental Illness
 - 'Chronic Diseases of the Young'
 - Model: STEP
4. Disorders of the 1st phase of neurodevelopment
(Autism, LD, ADHD)
Model: ?

Special Populations Project

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- 1997: Legislature approved funding for a specialized, collaborative pilot project
- Target Populations: DCF involved youth, minimal psychiatric issues, “sexual offenders” and/or individuals diagnosed with Pervasive Developmental Disorder and high risk behaviors who required maximum levels of support and supervision

Transitioning Youth Program

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- 2000: Second collaboration between DCF and DMHAS
- Youth transitioning from DCF & DMHAS with psychiatric diagnoses requiring minimal support and supervision

DCF Referrals

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- FY 2010 = 373
- FY 2011 = 332
- FY 2012 = 223
- FY 2013 = 280

Who We Serve Now

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- Youth who are 18 – 25 who have:
 - Complex psychiatric diagnoses
 - An average of 7 - 10 out of home placements prior to the age of 16
 - Developmental disorders
 - Multiple hospitalizations
 - Sexual Behavior problems
 - Significant attachment disorders which make it extremely difficult to engage in treatment
 - May have legal involvement
 - May have co-morbid substance abuse issues

Who we serve now (cont'd)

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- Have not had the opportunity to learn any of the necessary life skills or emotion regulations skills to cope with daily challenges
- Lack education/vocational experiences
- Have not had the opportunity to experience and transition through the typical developmental tasks of young adulthood

FOCUS of YAS

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- Early Intervention
- Engagement
- Transition
- Services
- Recovery

Service Components of YAS

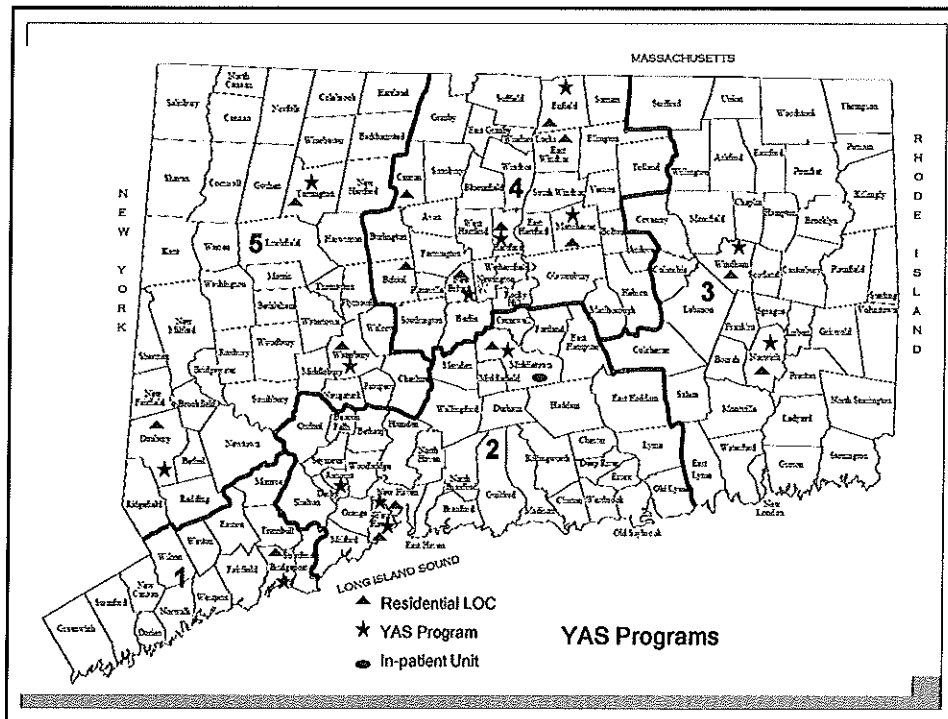
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- Young Adult Services – Office of the Commissioner
- Young Adult Services – Local Mental Health Authorities (6 state operated and 5 DMHAS funded PNP LMHAs)
- Contracted PNP Services in CT
- Specialized Residential Programs
- Inpatient Unit

Young Adult Services Programs offer:

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|----------------------------|--|
| • Psychiatry | • Rehabilitation Services |
| • Individual Psychotherapy | • Consultation Services |
| • Case Management Services | • Assessment Services |
| • Clinical Services | • Linkage to Vocational/Educational Services |
| • Nursing Services | • Residential/Housing Support |
| • Group Psychotherapy | • Programming to support young parents |
| • Trauma Services | |
| • Crisis Services | |



DMHAS Young Adults (7/1/2012 – 6/30/2013)

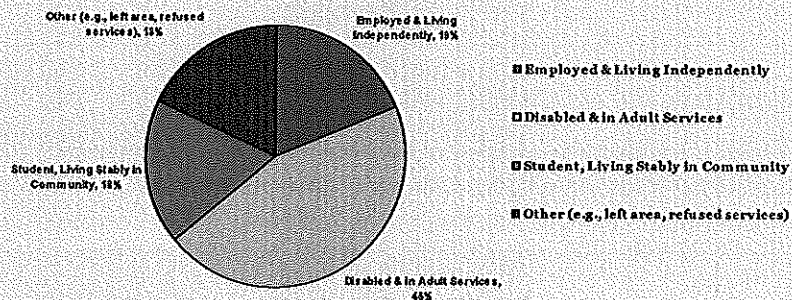
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- 20,197 (16.8%) of DMHAS population
- 6,158 (11.4%) of all Mental Health clients

☞ Of the 20,197; 1,015 are YAS (5%)

Status at Discharge (7/1/12 – 12/31/12)

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Challenges

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- Adequate funding to meet the needs of this population in terms of who to treat, what we offer and for how long services will be provided
- Identification and engagement of youth who are in the community who meet eligibility for services

Challenges (cont'd)

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- Integration of resources: data, programs, funding from multiple agencies
- Developing a system that will continue to support young adults after they transition to the adult services system

Collaboration DMHAS – DCF Pilot Project

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Mission is to enhance the quality of life for transforming youth and their support systems. This partnership will facilitate the formation of a life plan to acquire skills tailored to individual strengths and passions. Together we will achieve a healthy community in which recovering young adults can enjoy a life worth living.

Goals:

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- Develop a model of care that addresses needs and goals for youth transitioning from DCF to DMHAS
- Develop one service plan that identifies goals for a successful transition to DMHAS
- Develop a training for staff to promote partnership and mutual understanding regarding engagement, transition and treatment for young adults

DMHAS – DCF Pilot Program

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- Outcomes:
 - Training DCF Staff and New Britain DCF providers in the Learning Inventory of Skills Training (L.I.S.T.)
 - Including the L.I.S.T. in DCF referral packet
 - Administer L.I.S.T. at designated intervals.
 - Focus skill development based on outcome of L.I.S.T
 - Monitor progress; base treatment and level of care on results of assessment.

Questions...

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STATE OF CONNECTICUT



CHERYL JACQUES, M.S.N., A.P.R.N.
DMHAS STATEWIDE DIRECTOR FOR
YOUNG ADULT SERVICES

DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES
YOUNG ADULT SERVICES

CVH -- SHEW HALL -- 3RD FLOOR
1000 SILVER STREET -- POB 351
MIDDLETOWN, CT 06457
[HTTP://WWW.CT.GOV/DMHAS](http://www.ct.gov/dmhas)

☎ (860) 262-6981
☎ (860) 262-6980
✉ CHERYL_JACQUES@CT.GOV